



DRUŠTVO ZA
VEDENJSKO IN KOGNITIVNO
TERAPIJO SLOVENIJE

SLOVENIAN ASSOCIATION OF
BEHAVIOR AND COGNITIVE
THERAPIES

Accredited member



Is announcing a two-day workshop:

Cognitive-behaviour therapy for chronic pain: A practical approach to delivering evidence-based interventions for pain management

Implemented by

Helen Macdonald MSc RMN AfBPS

BABCP Accredited Cognitive-Behavioural Psychotherapist, Supervisor and Trainer
(United Kingdom)

5th and 6th April 2013

Ljubljana, Slovenia

University Rehabilitation Institute, Linhartova 51, Ljubljana,
http://www.ir-rs.si/en/Where_are_we/



Psychologist Helen Macdonald, MSc RMN AfBPS, is a British Association for Behavioural and Cognitive Psychotherapies (BABCP) **Accredited Cognitive-Behavioural Psychotherapist, Supervisor and Trainer**. She is also a **Registered Mental Health Nurse, Chartered Health Psychologist**, and **Accredited EMDR Consultant**. In 2011, she was **awarded a University of Sheffield Senate Fellow Award for teaching excellence**. Also, she is an **Associate Fellow of the British Psychological Society**.

Having worked in mental health since 1983, she has now worked specifically in CBT for over 22 years. Her clinical practice initially focussed on treating anxiety and depression, with **an increasing focus on long term health conditions and persistent pain over the last 12 years**. She has delivered teaching and training from introductory workshops to doctorate level in the UK and in Europe.

She is **co-author of “Overcoming Chronic Pain: A Self-help Guide Using Cognitive Behavioural Techniques”**, a self-help book based on CBT principles. The book was published in 2005, and is now translated into French and Estonian.

Her current work includes providing individual consultations for **adult mental health and chronic pain; medico-legal work; Post Traumatic Stress Disorder treatment; vocational rehabilitation and clinical supervision of other therapists**. Additionally, she teaches on the University of Sheffield postgraduate CBT training programme.

She is also the BABCP Course Accreditation Registrar, which entails managing the process of accrediting CBT courses throughout the UK; this includes clinical, supervision and training skills, as well as administrative and professional **responsibility for the national standards of CBT training**. She is currently the **Honorary Secretary/Treasurer of EABCT** from 2011-2014.

Chronic pain, which is a **serious public health problem**, affects a significant number of people. **Up to 7% of the general population** may have a long term pain condition. The majority of people in Europe with chronic pain are under 65 years of age. In addition to the **personal misery experienced** when in repeated or constant pain, there are **occupational, financial, social and interpersonal difficulties** which occur as a result of persistent pain. Chronic pain may occur due to injury, illness or surgery; or for no known reason. People with long term pain have often experienced multiple physical therapies and treatments without success before being referred for psychological therapies.

This two-day workshop is aimed at **enhancing knowledge and skills in working with people who have chronic pain, using evidence-based cognitive-behavioural interventions**. The workshop is **intended for wider circle of professionals** working in the mental health field, and other fields of medicine, health care, physiotherapy and other settings, in which they encounter working with patients, suffering from chronic pain.

The **first day** will focus on the background and context, as well as the evidence base for using CBT. Also, the participants will be given the opportunities to practice assessment and engagement techniques. The **second day** will focus specifically on interventions which address the impact of persistent pain.

The methods of work used during the two-day workshop will include **presentations, discussions, demonstrations and role plays, practice exercises and opportunities for feedback**.

The workshop will provide participants to achieve the following: **enhance practical understanding of the evidence base** for working using an evidence-based psychological approach with people who have chronic pain; **be able to assess** the impact of chronic pain on quality of life and help people with persistent pain to understand their condition and **enhance knowledge and practical skills in delivering interventions for chronic pain management**.

PROGRAMME OF THE WORKSHOP

Friday, 5th April 2013

08.00	Registration of participants
09.00 – 10.30	<ul style="list-style-type: none">• Introduction• Overview of the two-day workshop Revision of current knowledge and experience• Background and context: The impact of chronic pain• Activity for workshop participants
10.30 – 11.00	Coffee break
11.00 – 12.30	<ul style="list-style-type: none">• The evidence base and rationale for using CBT to work with people who have chronic pain• Activity and discussion
12.30 – 13.30	Lunch break
13.30 – 15.00	<ul style="list-style-type: none">• Assessing for chronic pain – what and how• Practice exercises
15.00 – 15.15	Coffee break
15.15 – 16.30	<ul style="list-style-type: none">• Assessment, engagement and motivation• Role play, practice exercises• Feedback of the day, questions and discussion

Saturday, 6th April 2013

09.00 – 10.30	<ul style="list-style-type: none">• Revision from the first day, questions, aims for the day• Today: Interventions for working with chronic pain• Education, - understanding pain medications and investigations• Relaxation and activity• The 'fun prescription'
10.30 – 11.00	Coffee break
11.00 – 12.30	<ul style="list-style-type: none">• Pacing activity• Practice role plays• Enhancing sleep
12.30 – 13.30	Lunch break
13.30 – 15.00	<ul style="list-style-type: none">• Problem solving• Fear and avoidance- overcoming pain-related anxiety• Managing low mood and depression in chronic pain• Understanding Communication and relationship difficulties in chronic pain
15.00 – 15.15	Coffee break
15.15 – 16.30	<ul style="list-style-type: none">• Acceptance• Relapse prevention, maintaining changes, managing acute 'flare up' in pain• Feedback on the two days, questions, discussion• Evaluation of the workshop

**The workshop will take place in Ljubljana at the
University Rehabilitation Institute Republic of Slovenia
(Linhartova ulica 51, 1000 Ljubljana)**

Registration fee for the workshop is 190 EUR (VAT included).

Registration fee includes materials, certificate of attendance and refreshments (coffee, tea, water, juice, biscuits) during Coffee breaks.

Registration fee is to be paid based on the invoice, which will be issued and sent to you after your registration is confirmed and prior to the beginning of the workshop.

**Please do not make any payments before receiving the invoice.
On-site payment will not be possible.**

REGISTRATION

Please register through the registration form provided below and send it through mail on the post address:

Slovenian Association of Behavioral and Cognitive Therapies

Gotska ulica 18

1000 Ljubljana

Slovenia

Or scanned by e-mail on: info@drustvo-vkt.org

REGISTRATION WILL BE CLOSED AFTER 30 MARCH 2013

Registration form can also be found on the web-page of Slovenian Association of Behavioural and Cognitive Therapies: www.drustvo-vkt.org

Additional information can be available through e-mail: info@drustvo-vkt.org

YOU ARE KINDLY REQUESTED TO FILL OUT THE REGISTRATION FORM

WITH FULL AND PRECISE INFORMATION!

REGISTRATION FORM

for two-day workshop

“Cognitive-behaviour therapy for chronic pain: A practical approach to delivering evidence-based interventions for pain management”

Implemented by

Helen Macdonald MSc RMN AfBPS

Ljubljana, 05 – 06 April 2013

Name and Surname: _____

Profession: _____ Work position: _____

Employed at: _____

Address: _____

E-mail: _____ Phone number: _____

INFORMATION ON THE PAYER (define): Participant personally Organization

Participant personally

Please provide your post address:

Your signature:

Organization:

VAT number: _____

The exact name and post address of the organization:

Statement of the person responsible of the organization:

On behalf of our organization, we are registering our employee _____ to participate in the two-day workshop **“Cognitive-behaviour therapy for chronic pain: A practical approach to delivering evidence-based interventions for pain management”** (implemented by **Helen Macdonald, MSc RMN AfBPS**), which will take place from **05 – 06 April 2013 in Ljubljana (Slovenia)**.

Registration fee in the amount of 190 Euro (VAT included) will be paid in the due time, based on the invoice received after the confirmed registration and prior to the beginning of the workshop.

Name and surname of the person responsible: _____

Work position of the person responsible: _____

Signature and stamp: _____